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GALLSTONE DISEASES: BILIARY COLIC/ACUTE CHOLECYSTITIS/ACUTE CHOLANGITIS			10
PATIENT:		AGE:	12
RECORD #:		SEX:	
<b>I4</b> L Coleolithiasis and Biliary Colic			
Transient obstruction of the cystic duct without acute inflam. or infection, can cause post-prandial abd. pain. Usually asymptomatic in 80% of patients			
Etiology	Stone formation: (a) imbalance in the ratio of chol/lecithin/bile salts; (b) nucleating nidus; (c) bile stasis		
S and Sx's	<input type="checkbox"/> Post-prandial abd. pain, may radiate to (R) subscapular area; abrupt onset, gradual relief <input type="checkbox"/> N/V	<input type="checkbox"/> Fatty food intolerance (dyspepsia) <input type="checkbox"/> Tender RUQ (poss. palp. GB) <input type="checkbox"/> Flatulence	18 20
<b>22</b> Diff.	Acute Cholecystitis, Peptic Ulcer, MI, GERD		
W/U	<input type="checkbox"/> ABD U/S: may show gallstones <input type="checkbox"/> EKG: R/O MI	<input type="checkbox"/> CXR <input type="checkbox"/> UGI series to R/O hiatal hernia or ulcer	24
Tx	<input type="checkbox"/> Dietary modification: avoid trigger foods (e.g., fatty foods) <input type="checkbox"/> Pharmacologic dissolution of cholesterol	<input type="checkbox"/> stones (e.g., Ursoalol) <input type="checkbox"/> Lithotripsy and stone dissolution <input type="checkbox"/> Cholecystectomy: definitive and curative	26
NB:	Most stones are cholesterol stones (75%) and radiolucent; pigmented stones due to hemolysis (e.g., hyperbilirubinemia) are radiopaque		
<b>I4</b> II. Acute Cholecystitis	Acute inflamation of the GB caused by a protracted stone in the cystic duct; can cause sepsis, GB necrosis or abscess		
Etiology	Prolonged blockage of cystic duct; postobstructive distention → inflammation → infection → gangrene; can be acalculous: due to stasis, patients on TPN, post/op., or chron. debilitation		
S and Sx's	<input type="checkbox"/> RUQ pain <input type="checkbox"/> N/V <input type="checkbox"/> Fever <input type="checkbox"/> Pain more severe and of	longer duration than biliary colic <input type="checkbox"/> RUQ tenderness, (+) Murphy's sign (inspir.)	arrest during deep palp. of RUQ illicits pain <input type="checkbox"/> May have icterus
Diff.	Biliary Colic, Cholangitis, GERD, MI, Acute Appendicitis, Peptic Ulcer, Pneumonia		
W/U	<input type="checkbox"/> CBC ( WBC in the range of <input type="checkbox"/> LFTs with mild hyper bilirubinemia (2-4 mg/dl); mild in alk. phosph.	<input type="checkbox"/> U/S: may _____ stones, sludge, bile, perichol, fluid, thickened, GB wall <input type="checkbox"/> HDA (Hepatic-Iminodiaceptic acid) scan: failure of GB to image implies cholecystitis	22 24
Tx	<input type="checkbox"/> NPO <input type="checkbox"/> IVF	<input type="checkbox"/> IV ABx (e.g., Metoxin) <input type="checkbox"/> Pain management	26

FIG. 1A

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14	III. Acute Cholangitis Gallstone or biliary sludge block the CBD; can cause life-threatening septic shock	16	
	Etiology      Bacterial infection of the biliary duct system caused by obstruction of the CBD	18	
21	S and Sx's <b>Charcot's Triad</b> <input type="checkbox"/> RUQ pain <input type="checkbox"/> Fever/chills <input type="checkbox"/> Jaundice	<b>Reynold's Pentad</b> <input type="checkbox"/> Charcot's Triad <input type="checkbox"/> Shock <input type="checkbox"/> Neuro Sx's (altered mental status)	
22	Diff.      Acute Cholecystitis, Acute Pancreatitis, Acute Hepatitis		
	W/U <input type="checkbox"/> U/S: may show dilated ducts <input type="checkbox"/> Blood cultures: positive in 50% of cases	<input type="checkbox"/> CBC: ↑ WBC, ↑ alk. phos. ↑ transaminases <input type="checkbox"/> LFTs	24
	Tx <input type="checkbox"/> NPO <input type="checkbox"/> IVF <input type="checkbox"/> IV Abx - Mefoxin <input type="checkbox"/> Pain management	<input type="checkbox"/> If toxic cholangitis → ERCP can locate the cause and decompress	26
30	Notes/Labs Vitals: T ____ BP ____ P ____ R ____ EKG: ABG: / / / / PT/PTT/INR: _____ U/A:	Meds 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____	32
34	ADDITIONAL NOTES		

FIG. 1B

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<b>COLORECTAL CANCER</b>														
<ul style="list-style-type: none"> <li>■ Second most common cause of cancer in U.S. (after lung cancer)</li> <li>■ Mortality increases with age (peak 70-80 years)</li> </ul>														
PATIENT: _____	AGE: _____	SEX: _____												
RECORD #: _____														
S and S's: <input type="checkbox"/> Abdominal pain is the most common presenting complaint for all lesions _____ 20														
<table border="0"> <tr> <td>L. Right Sided</td> <td><input type="checkbox"/> Bulky fungating, ulcerating masses <input type="checkbox"/> Present with anemia due to chronic blood loss</td> <td><input type="checkbox"/> Weight loss, anorexia <input type="checkbox"/> Not obstructed because (R) colonic feces are fluid and the cecal wall is indispensible</td> </tr> <tr> <td>II. Left Sided</td> <td><input type="checkbox"/> Obstructing masses on radiological exam often described as 'napkin ring' or 'apple core' in appearance <input type="checkbox"/> Altered bowel habits (constipation, decrease in stool caliber, obstipation)</td> <td><input type="checkbox"/> Obstruction [(L) colon feces are more solid and the colon wall is less distensible] <input type="checkbox"/> Blood streaked stools (mild) compared to IBD</td> </tr> <tr> <td>III. Rectal</td> <td><input type="checkbox"/> BRBPR</td> <td><input type="checkbox"/> Tenesmus <input type="checkbox"/> Must R/O hemorrhoids</td> </tr> </table>			L. Right Sided	<input type="checkbox"/> Bulky fungating, ulcerating masses <input type="checkbox"/> Present with anemia due to chronic blood loss	<input type="checkbox"/> Weight loss, anorexia <input type="checkbox"/> Not obstructed because (R) colonic feces are fluid and the cecal wall is indispensible	II. Left Sided	<input type="checkbox"/> Obstructing masses on radiological exam often described as 'napkin ring' or 'apple core' in appearance <input type="checkbox"/> Altered bowel habits (constipation, decrease in stool caliber, obstipation)	<input type="checkbox"/> Obstruction [(L) colon feces are more solid and the colon wall is less distensible] <input type="checkbox"/> Blood streaked stools (mild) compared to IBD	III. Rectal	<input type="checkbox"/> BRBPR	<input type="checkbox"/> Tenesmus <input type="checkbox"/> Must R/O hemorrhoids			
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III. Rectal	<input type="checkbox"/> BRBPR	<input type="checkbox"/> Tenesmus <input type="checkbox"/> Must R/O hemorrhoids												
22	Dx: IBD, Diverticulosis, Hemorrhoids, PUD													
W/U	<input type="checkbox"/> CBC (to check H/H for anemia) <input type="checkbox"/> Sigmoidoscopy - Biopsy <input type="checkbox"/> Colonoscopy - to R/O synchronous lesions as in UC <input type="checkbox"/> Barium enema (to visualize any missed lesions)													
Tx	<input type="checkbox"/> Bowel prep. (pre-op): check oral Abx. check mechanical cleansing <input type="checkbox"/> Surgical resection of colonic lesions → bowel margins of 3-5 cm; 1° or 2° <input type="checkbox"/> Radiotherapy or chemotherapy													
36	F/U: <input type="checkbox"/> Check CEA levels <input type="checkbox"/> Digital rectal exams <input type="checkbox"/> CXR <input type="checkbox"/> Colonoscopy <input type="checkbox"/> LFTs													
38	<b>Duke's Staging (%'s are 5-year survival)</b> <table border="0"> <tr> <td>A. Limited to submucosa</td> <td>&gt; 90%</td> </tr> <tr> <td>B1. Invades muscularis propria</td> <td>70-80%</td> </tr> <tr> <td>B2. Through muscularis propria</td> <td>50-65%</td> </tr> <tr> <td>C1. B1 and nodes</td> <td>40-55%</td> </tr> <tr> <td>C2. B2 and nodes</td> <td>20-30%</td> </tr> <tr> <td>D. Distant metastasis</td> <td>&lt; 5%</td> </tr> </table>		A. Limited to submucosa	> 90%	B1. Invades muscularis propria	70-80%	B2. Through muscularis propria	50-65%	C1. B1 and nodes	40-55%	C2. B2 and nodes	20-30%	D. Distant metastasis	< 5%
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B1. Invades muscularis propria	70-80%													
B2. Through muscularis propria	50-65%													
C1. B1 and nodes	40-55%													
C2. B2 and nodes	20-30%													
D. Distant metastasis	< 5%													

FIG. 2A

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FIG. 2B

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**PEPTIC ULCER DISEASE (PERFORATION)**

PATIENT: \_\_\_\_\_

RECORD #: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

14 L Duodenal Ulcer

Etiology	<input type="checkbox"/> H. pylori in 95% of cases <input type="checkbox"/> Other Risk Factors: Tobacco, EtOH, NSAIDs, Steroids, Caffeine	<input type="checkbox"/> Generally located within 2 cm of the pylorus <input type="checkbox"/> Usual age range 20-45	18
S and Sx's	<input type="checkbox"/> Epigastric pain: "gnawing, burning" <input type="checkbox"/> Pain 1-3 hours post-prand. <input type="checkbox"/> Pain relieved by food <input type="checkbox"/> Fever (w/perforation) <input type="checkbox"/> ↓ Appetite	<input type="checkbox"/> May have N/V <input type="checkbox"/> Epigastric tenderness <input type="checkbox"/> Diaphoresis <input type="checkbox"/> ↓ BP	20

22 Diff.

24 W/U

26 Tx

14 II. Gastric Ulcer

Etiology	<input type="checkbox"/> H. pylori in 65% of cases <input type="checkbox"/> Approx. 1/3 of cases from NSAIDs <input type="checkbox"/> Other Risk Factors: Tobacco, EtOH,	<input type="checkbox"/> NSAIDs, Steroids, Caffeine	18
S and Sx's	<input type="checkbox"/> Epigastric pain worsened by food <input type="checkbox"/> N/V (very common) <input type="checkbox"/> ↓ Appetite	<input type="checkbox"/> Fever (w/perforation) <input type="checkbox"/> Diaphoresis <input type="checkbox"/> ↓ BP	20
Diff.	GERD, Gallstone dss, Pancreatitis, Angina, Gastric Adenocarcinoma		
W/U	<input type="checkbox"/> Stool Guaic <input type="checkbox"/> Labs: CBC (check H/H); Chem-7 (check for dehydration) <input type="checkbox"/> EGD: can visualize ulcers and biopsy to R/O malignancy <input type="checkbox"/> UGI series: possible filling defects <input type="checkbox"/> Gastric analysis: measure baseline acid	output and maximum output after stimulation (with pentagastrin or histamine). Abnormal levels indicate hypersecretory state <input type="checkbox"/> Serum gastrin: if elevated in the setting of a hypersecretory state → suggests Zollinger-Ellison Syn. (gastrinoma)	24
Medical Mgmt.	<input type="checkbox"/> Dietary modification: eliminate tobacco, EtOH, caffeine, NSAIDs, steroids, H <sub>2</sub> O, Antacids, PPI (Omeprazole E refractory to H <sub>2</sub> O)	<input type="checkbox"/> H. pylori eradicated with triple therapy; Bismuth, Metronidazole, Tetracycline	40
42 Surgical Indicat.	<input type="checkbox"/> Perforation (free air under diaphragm on x-ray; peritoneal signs) <input type="checkbox"/> Obstruction (post-prandial emesis)	<input type="checkbox"/> Hemorrhage <input type="checkbox"/> Intractable pain	

FIG. 3A

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FIG. 3B

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**ACUTE APPENDICITIS**

PATIENT: \_\_\_\_\_ AGE: \_\_\_\_\_

RECORD #: \_\_\_\_\_ SEX: \_\_\_\_\_

**Etiology** Luminal obstruction which leads to inflammation of the appendix. Causes include: hyperplasia of lymphoid tissue; fecalith; foreign body; parasite

**S and Sx's**

- Pain in epigastrum (dull, vague, referred pain) usually for 1-12 hours
- N/V follow pain (may have acute loss of appetite)
- Low-grade fever (high-grade if perforation)
- Pain localizes: RLQ-McBurney's Pt., 2/3 from umbilicus to ASIS; sharp pain caused by irritation of parietal peritoneum (somatic pain)
- Perforation: may be a transient decrease in pain which changes to diffuse and indirect
- Rosving's sign: referred pain in RLQ with deep palpation of LLQ
- Psoas sign: RLQ pain; elicited with passive extention of the hip due to stretching of iliopsoas tendon
- Obturator sign: RLQ pain, with passive internal rotation of the hip
- Rectal exam elicits pain on (R) side

**Difl.** Gastroenteritis (N/V before pain, poorly localized, no ↑ in WBCs), Intussusception, PID (high for females, bilateral lower abdominal tenderness), IBD (previous Hx), Ectopic Pregnancy or Ovarian Cyst, Bowel Obstruction, Mesenteric Ischemia, Perforated Ulcer, Pancreatitis, UTI/Pyelonephritis

**W/U** Dx. based on H + P; Labs can be used to confirm but DO NOT R/O

- KUB: may show fecalith; loss of psoas shadow; free air (perforation)
- CBC: mild leukocytosis with a (L) shift (> 75% PMNs); w/perforation high WBCs
- U/S: may show enlarged appendix or appendiceal abscess
- U/A: to evaluate for UTI

**Tx**

- NPO
- IVF
- NGT
- ABx
- Early appendectomy to prevent perforation
- If an abscess → conservative therapy: triple ABx Tx (Amp. Genta., Flagyl) and U/S or CT guided PCT drainage; elective appendectomy in 6-8 wks. following resolution of the acute episode

FIG. 4A

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FIG. 4B

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MAJOR DEPRESSIVE DISORDER		
PATIENT:	AGE:	12
RECORD #:	SEX:	
Epidemiology	Male/female ratio ~ 1:2; peak onset 20-40 years old; 3X higher risk with positive family history; lifetime prevalence 20% and 5% for the general population; 40,000-50,000 Americans die annually due to suicide and 70% of these suicides are associated with depressive illness.	
Etiology	Numerous postulates exist in the behavioral, cognitive and psychodynamic arenas. In addition, the biologic theories include hypotheses to support decreased catecholamines and abnormal neurotransmitter function (specifically 5-HT and norepinephrine). Predisposing factors include psychosocial stressors, chronic medical illness, substance abuse/dependence, childbirth.	
S and S's	<b>Mood Associated</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Low mood/sadness</li> <li><input type="checkbox"/> Feelings of hopelessness, worthlessness, inadequacy</li> <li><input type="checkbox"/> Anxiety</li> <li><input type="checkbox"/> Apathy</li> <li><input type="checkbox"/> Irritability</li> <li><input type="checkbox"/> Anhedonia</li> <li><input type="checkbox"/> ↓ Coping skills</li> </ul> <b>Memory Related</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Poor concentration</li> <li><input type="checkbox"/> Poor attention/focusing</li> <li><input type="checkbox"/> ↓ Memory/recall</li> <li><input type="checkbox"/> Cognitive difficulties</li> </ul> <b>Somatic Complaints</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Social withdrawal/isolation</li> <li><input type="checkbox"/> Suicidal thoughts</li> <li><input type="checkbox"/> Tearfulness</li> <li><input type="checkbox"/> Headache</li> <li><input type="checkbox"/> ↓ Sleep/insomnia</li> <li><input type="checkbox"/> Hypersomnia (atypical)</li> <li><input type="checkbox"/> Weight loss</li> <li><input type="checkbox"/> Weight gain (atypical)</li> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> ↓ Appetite or appetite (atypical)</li> </ul>	
DIT.	Mood disorder due to a general medical condition (viral illness, endocrine abnormality, cardiopulmonary disease, renal disorder, cancer, nutritional deficiency, Parkinson's disease, multiple sclerosis), dysthymic disorder, dementia, adjustment disorder with depressed mood, general bereavement, substance-induced mood disorder, psychotic disorders, medication side-effect/adverse reaction (antihypertensives, steroids, methyldopa), seasonal affective disorder.	
W/U	<input type="checkbox"/> Lab: CBC (evaluate for anemia); chemistry panel (e.g., hypoglycemia can cause anxiety, agitation, poor concentration), serum Ca <sup>++</sup> ( $\uparrow$ Ca <sup>++</sup> and $\downarrow$ Ca <sup>++</sup> can cause depression), B12 (deficiency can cause fatigue, agitation, personality change), Folate LFTs, TFTs, (hypothyroidism may show low T <sub>4</sub> , T <sub>3</sub> , resin T <sub>g</sub> ), U/A, urine toxicology screen, syphilis serology (VDRL or RPR) <input type="checkbox"/> CXR (cardiopulmonary disease can affect mental status) <input type="checkbox"/> ECG (evaluate general cardiac electrical activity; changes from psychotropic medications such as prolonged PR, QT or QRS intervals; AV or bundle branch block) <input type="checkbox"/> Head CT (evaluate brain parenchyma, bony structures; check for brain abscess, tumors or stroke) <input type="checkbox"/> EEG (slowing may be evidenced due to tricyclic antidepressants)	
Tx	<input type="checkbox"/> Selective Serotonin Reuptake Inhibitors (SSRIs) <input type="checkbox"/> Tricyclic antidepressants <input type="checkbox"/> Monoamine Oxidase Inhibitors (MAOIs): atypical depression; usually reserved for depression which does not respond to other agents <input type="checkbox"/> Adjunctive medications <input type="checkbox"/> Psychotherapy: various modalities available (e.g., psychodynamic); frequency varies depending on goals, monitoring for suicidality, ensure treatment adherence <input type="checkbox"/> ECT: refractory cases	

FIG. 5A

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FIG. 5B

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DIAGNOSIS _____	
PATIENT:	_____
RECORD #:	_____ AGE: _____ SEX: _____
Etiology	_____ _____ _____
S and Sx's	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Diff.	_____ _____
W/U	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Tx	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

FIG. 6A

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Labs/Notes	+   < >   \ /				Meds
Vitals:	T _____	BP _____	P _____	R _____	1 _____
EKG:					2 _____
ABG:	/	/	/	/	PT/PTT/INR: _____ 3 _____ 4 _____ 5 _____
U/A:					6 _____ 7 _____
<hr/> <b>ADDITIONAL NOTES</b> <hr/>					

FIG. 6B

**Quick Notation Medical Reference and Record System and Method of Use**  
**Inventor: Nada Milosavljevic**  
**Attorney Docket No. 42391-10009**  
**Contact: Marilyn J. Chimes, 312-923-8316**

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JANUARY			FEBRUARY			MARCH																												
S	M	T	W	T	F	S	S	M	T	W	F	S	S	M	T	W	T	F	S	S	M	T	W	F	S									
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2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27									
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31												
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																			
23	24	25	26	27	28	29	30	31																										
30	31																																	
AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	F	S	S	M	T	W	T	F	S	S	M	T	W	F	S	S	M	T	W	F	S			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26									
2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27									
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31												
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																			
23	24	25	26	27	28	29	30	31																										
30	31																																	
AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	F	S	S	M	T	W	T	F	S	S	M	T												

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## NORMAL LAB VALUES/RANGES

## LAB CHEMISTRIES

Na mEq/L	Cl <sup>-</sup> mEq/L	BUN mg/dL	Gluc. mg/dL
3.5-5.1 mEq/L	22-29 mEq/L	0.6-1.2 mg/dL	70-115 CR
K mEq/L	HCO <sub>3</sub> mEq/L		

Anion Gap ..... 7-16 mEq/L  
 Osmolarity ..... 275-295 mOsm/kg  
 Calcium, ionized ..... 4.65-5.28 mg/dL  
 Calcium, total ..... 8.4-10.2 mg/dL  
 Magnesium ..... 1.3-21 mEq/L  
 Phosphate ..... 2.7-4.5 mg/dL  
 Iron ..... M 65-175, F 50-170 µg/dL  
 Iron, Sat ..... M 20-60, F 15-50%  
 Ferritin ..... M 20-250, F 10-120 ng/mL  
 TIBC ..... 250-450 µg/dL  
 Bilirubin, conj ..... 0-0.2 mg/dL  
 Bilirubin, total ..... 0.2-1.0 mg/dL  
 Albumin ..... 3.5-5.5 g/dL  
 Protein ..... 6.0-8.0 g/dL  
 $\alpha_1$  -Fetoprotein ..... < 10 ng/mL  
 Alk. Phos. ..... M 38-126, F 70-230 U/L  
 LDH ..... 90-190 U/L  
 AST/SGOT ..... 7-40 U/L  
 ALT/SGPT ..... 7-40 U/L  
 GGT ..... M 9-50, F 8-40 U/L  
 CPK ..... M 38-174, F 26-140 U/L  
 CPK MB ..... < 5%  
 Amylase ..... 25-125 U/L  
 Lipase, 10-140, >60y ..... 18-180 U/L  
 C-peptide ..... 0.70-1.89 ng/mL  
 LDL Cholesterol ..... < 130 mg/dL  
 HDL Cholesterol ..... M >29, F > 35 mg/dL  
 Total Cholesterol ..... < 200 mg/dL  
 Triglycerides ..... M 40-160m F 35-135 mg/dL

## ARTERIAL BLOOD GASES

pH 7.35- 7.45	PaCO <sub>2</sub> 35-45 mm Hg	PaO <sub>2</sub> 80-100 mm Hg	HCO <sub>3</sub> 21-27 mEq/L	O <sub>2</sub> Satur. 95-98%
Base Excess: ±2 mEq/L				

## CARDIAC PARAMETERS &amp; FORMULAS

CO	Cardiac output (heart rate x stroke volume)	..... 4-8 L/min
CI	Cardiac Index (CO/BSA)	..... 2.8-4.2 L/min/m <sup>2</sup>
MAP	Mean Arterial Press [(Sys BP - Dias BP)/3] + Dias BP	..... 80-100 mmHg
SVR	Systemic Vascular Resistance (MAP - CVP)X(80/CO)	..... 800-1200 dyne/sec/cm <sup>5</sup>
PVR	Pulmonary Vascular Resistance (PAM - PCWP)X(80/CO)	..... 45-120 dyne/sec/cm <sup>5</sup>
QT <sub>c</sub>	(QT / square root of RR)	..... 0.38-0.42
	Right Atrial Pressure (central venous pressure)	..... 0-8 mmHg
PAS	Pulmonary Artery Systolic Pressure	..... 20-30 mmHg
PAD	Pulmonary Artery Diastolic Pressure	..... 10-15 mmHg
PCWP	Pulmonary Capillary Wedge Pressure	..... 8-12 mmHg (post-MI - 16 mmHg)

Please note: It is strongly advised that you check normal lab values for your hospital, medical center or laboratory. These values can vary by location.

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## HEMATOLOGY

WBC 4.5-11.0 x 10 <sup>3</sup> per µL	Hemoglobin M 13.5-17.5 g/dL F 12.0-16.0 g/dL
	Platelets 150-450 x 10 <sup>3</sup> per µL
	RBC ..... M 4.3-5.7, F 3.8-5.1 x 10 <sup>6</sup> /µL MCV ..... 80-100 fL
	MCH ..... 26-34 pg/cell
	Reticulocyte Count ..... 0.5-1.5%
	Haptoglobin ..... 16-185 mg/dL
	Hemoglobin A <sub>c</sub> ..... 5.0-7.5%
	Bleeding Time ..... 2-7 min
	PT ..... 11-15 sec
	aPTT ..... 20-35 sec
	ESR ..... M < 15, F < 20 mm/hr
	CRP ..... < 8 mg/L (SI)
	Neutrophils ..... 57-67% Segs ..... 54-62% Bands ..... 3-5%
	Lymphocytes ..... 23-33%
	Monocytes ..... 3-7%
	Eosinophils ..... 1-3%
	Basophils ..... 0-1%

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## URINE VALUES

Albumin	..... 10-100 mg/day
Creatinine	..... M 14-26, F 11-20 mg/kg/day
Creat. Clear.	..... M 90-136 mL/min/1.73 m <sup>2</sup> F 80-125 mL/min/1.73 m <sup>2</sup>
Glucose	..... < 0.5 g/day
Osmolarity	..... 50-1400 mOsmol/kg
Protein	..... 10-150 mg/day
Specific Gravity	..... 1.002-1.030
Urea Nitrogen	..... 12-20 g/day
Uric Acid	..... 250-750 mg/day
Volume (min.)	..... 0.5-1.0 mL/kg/hr

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FIG. 8

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TITLE ?????						
THERAPEUTIC DRUG LEVELS				DAILY ELECTROLYTE REQUIREMENTS		
amikacin peak ..... 20-35 mcg/ml amikacin trough ..... <5 mcg/ml carbamazepine ..... 4-12 mcg/ml cyclosporine trough ..... 50-300 ng/ml digoxin ..... 0.8-2.2 ng/ml gentamicin peak ..... 5-10 mcg/ml gentamicin trough ..... <2 mcg/ml lidocaine ..... 1-5 mcg/ml lithium ..... 0.6-1.2 meq/l NAPA ..... 10-30 mcg/ml phenobarbital ..... 15-40 mcg/ml phenytoin ..... 10-20 mcg/ml primidone ..... 5-12 mcg/ml procainamide ..... 4-8 mcg/ml quinidine ..... 1.5-3 mcg/ml theophylline ..... 10-20 mcg/ml tobramycin peak ..... 5-10 mcg/ml tobramycin trough ..... <2 mcg/ml valproic acid ..... 50-100 mcg/ml vancomycin trough ..... 5-10 mcg/ml				Na <sup>+</sup> (as NaCl) ..... 80-120 mEq/24h Cl <sup>-</sup> (as NaCl) ..... 80-120 mEq/24h K <sup>+</sup> ..... 50-100 mEq/24h Ca <sup>2+</sup> ..... 1-3 gm/24h Mg <sup>2+</sup> ..... 20 mEq/24h Glucose ..... 100-200 gm/24h Unless otherwise indicated		
CONVERSIONS						
1 ln = 2.54 cm 1 ft = 0.3048 m 1 mi = 1.6093 km 1 fl oz = 29.573 mL 1 oz = 28.350 g 1 lb = 0.45359 kg 1cm = 0.3937 ln 1 m = 3.2808 ft 1 km = 0.6214 ml 1 mL = 0.033814 fl oz				1g = 0.035274 oz 1kg = 2.2046 lbs 37.0 °C = 98.6 °F 37.8.0 °C = 100.0 °F 38.0 8.0 °C = 100.4 °F 38.3 8.0 °C = 101.0 °F 38.9 8.0 °C = 102.0 °F 39.0 8.0 °C = 102.2 °F 39.4 8.0 °C = 103.0 °F 40.0 8.0 °C = 104.0 °F °F = (°C x 9/5) + 32 °C = (°F - 32) x 5/9		
IV SOLUTIONS						
Fluid	Glucose	Na <sup>+</sup>	K <sup>+</sup>	Cl <sup>-</sup>	mosm/L	Kcal/L
D5W	50g	0	0	0	252	170
D10W	100g	0	0	0	505	340
D50W	500g	0	0	0	2520	1700
1/2NS(0.45%NS)	0	77	0	77	154	0
NS(0.9%NS)	0	154	0	154	308	0
3% NS	0	513	0	513	1026	0
D5⅓NS	50g	38	0	38	329	170
D5½NS	50g	77	0	77	406	170
D5NS	50g	154	0	154	560	170
LR	0	130	4	110	272	<10
DSLR	50	130	4	110	524	180
Albumin	0	145	0	145	unk	unk

ABBREVIATIONS

FIG. 9

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## MISCELLANEOUS

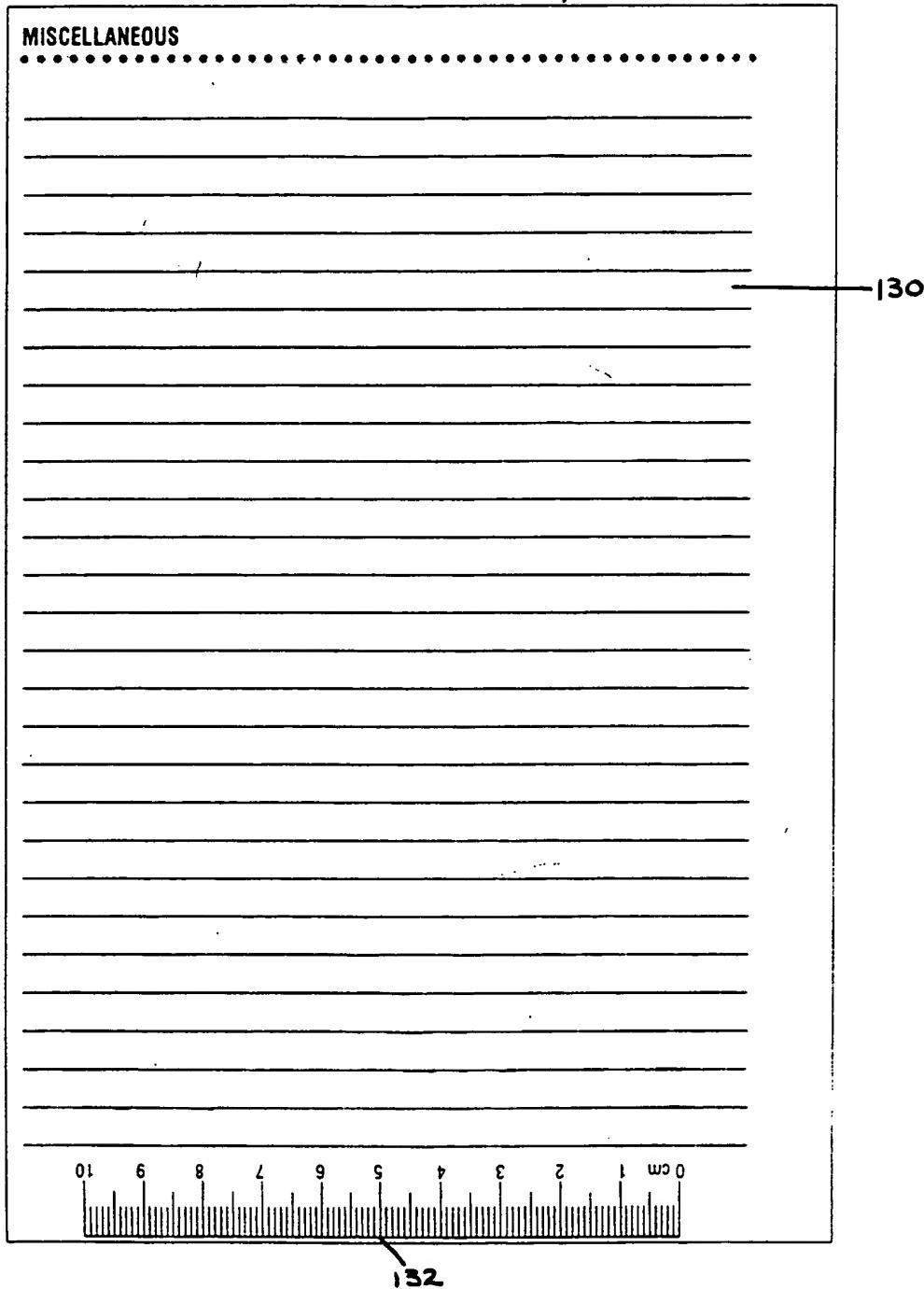


FIG. 10

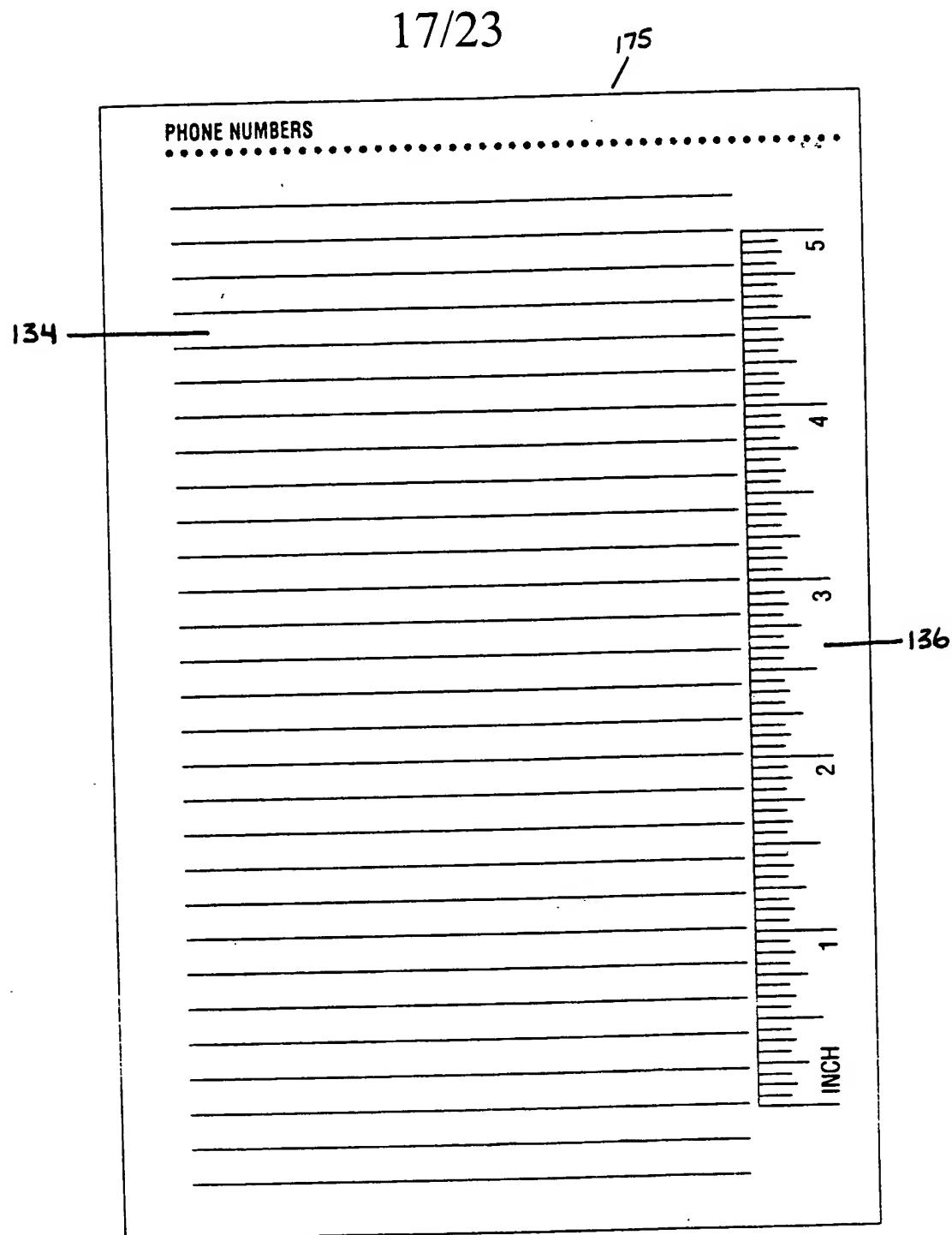


FIG. 11

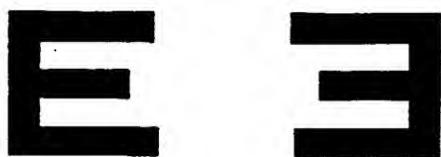
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20/20



FIG. 12

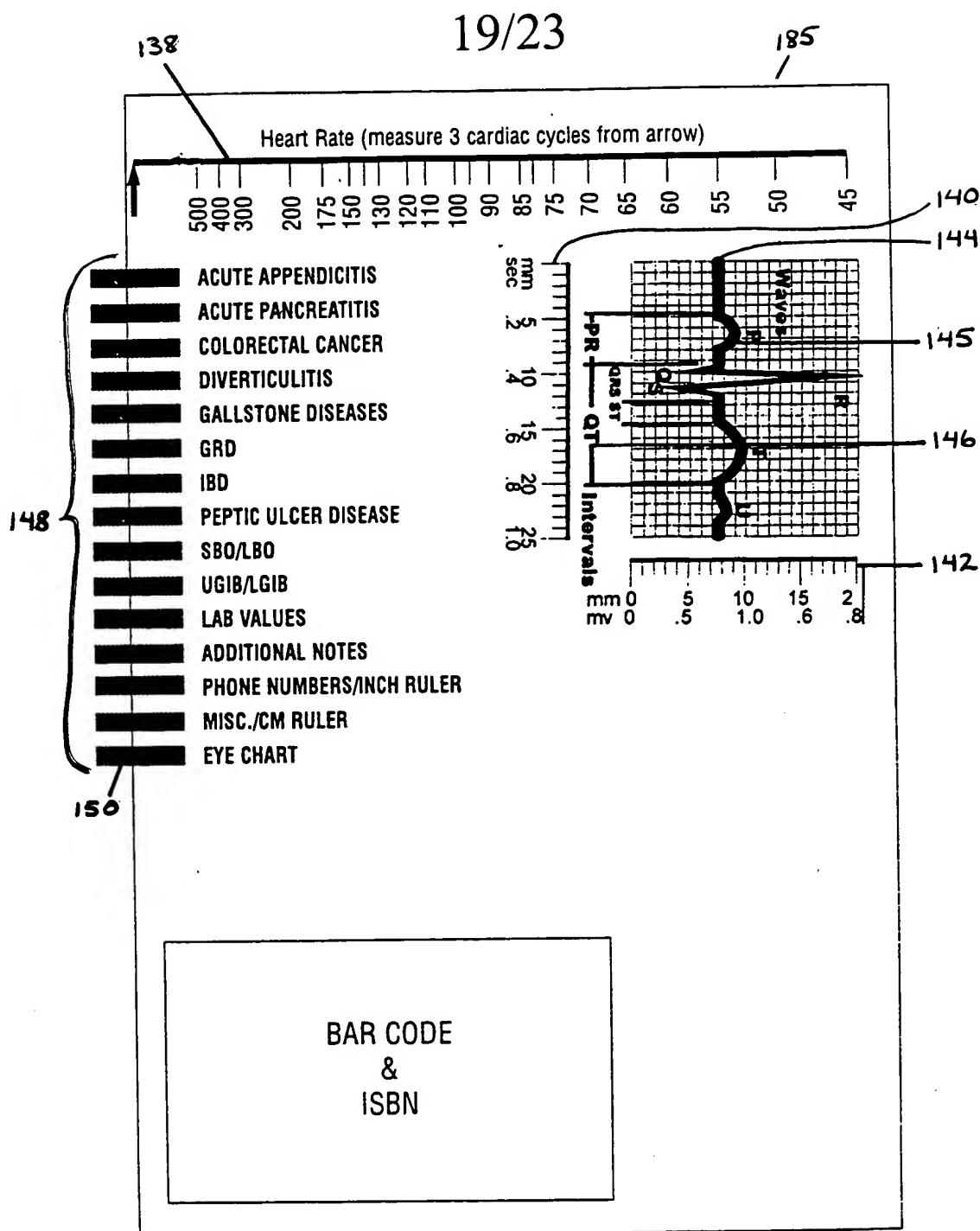


FIG. 13

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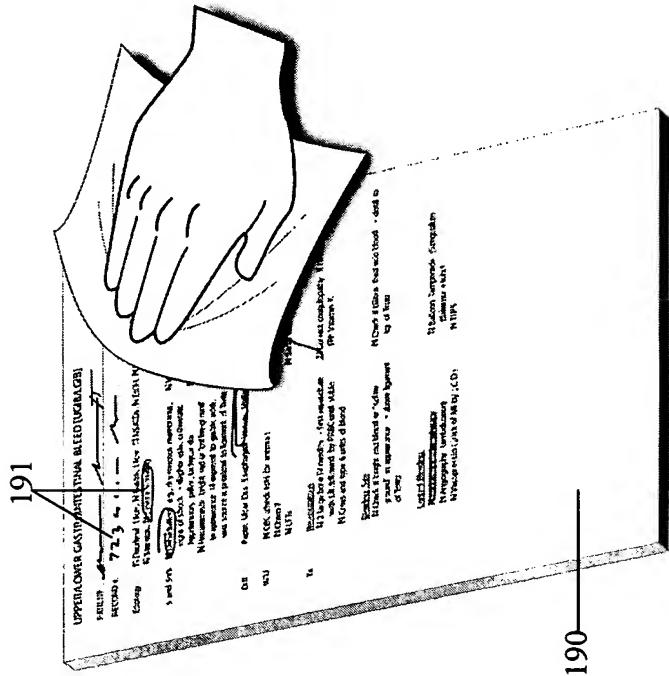


FIG. 14A

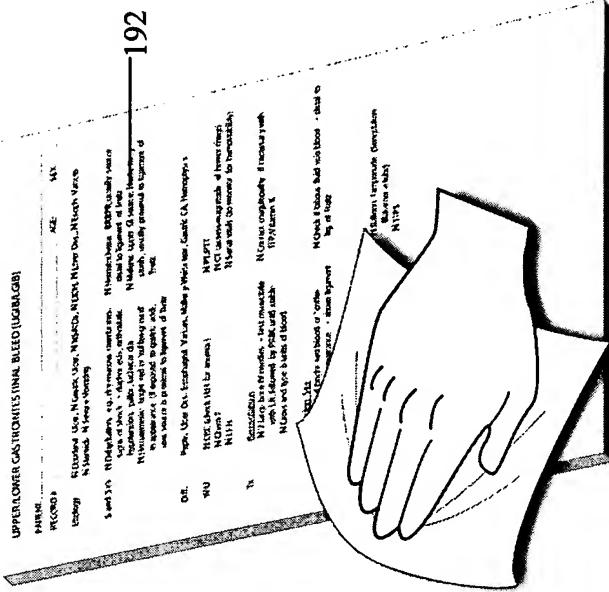


FIG. 14B

Quick Notation Medical Reference and Record System and Method of Use  
Inventor: Nada Milosavljevic  
Attorney Docket No. 42391-10009  
Contact: Marilyn J. Chimes, 312-923-8316

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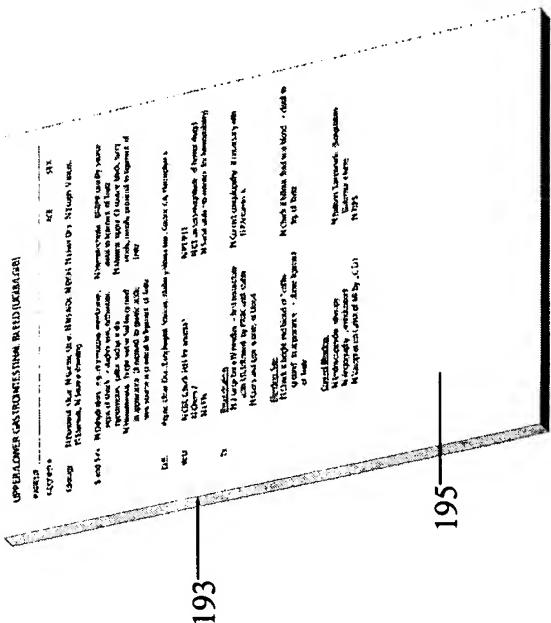


FIG. 15A

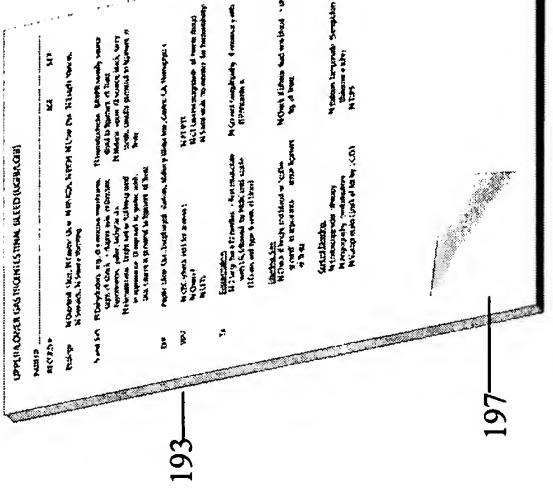


FIG. 15B

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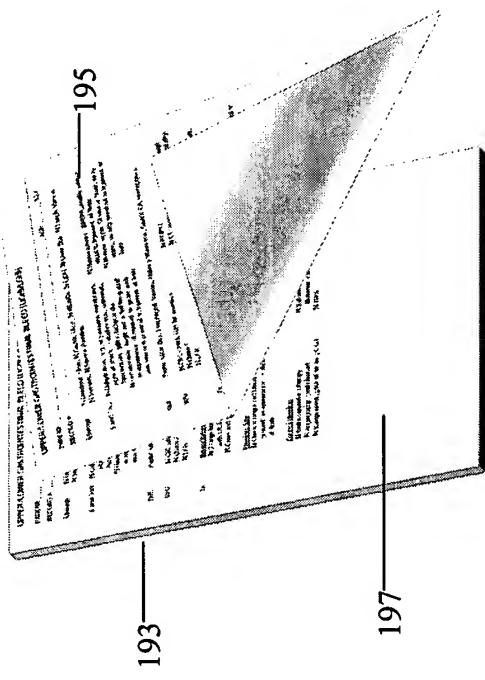


FIG.15D

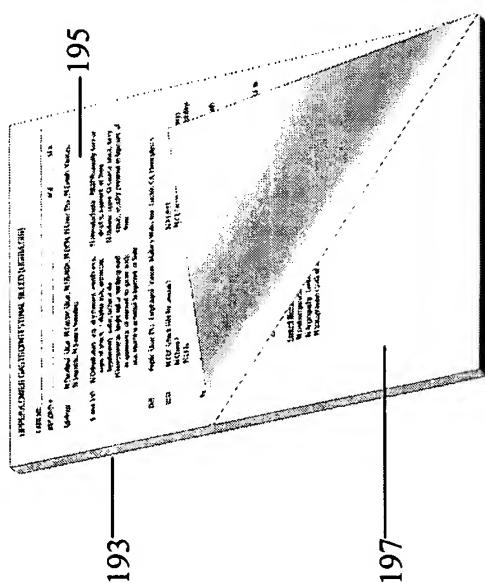


FIG.15C

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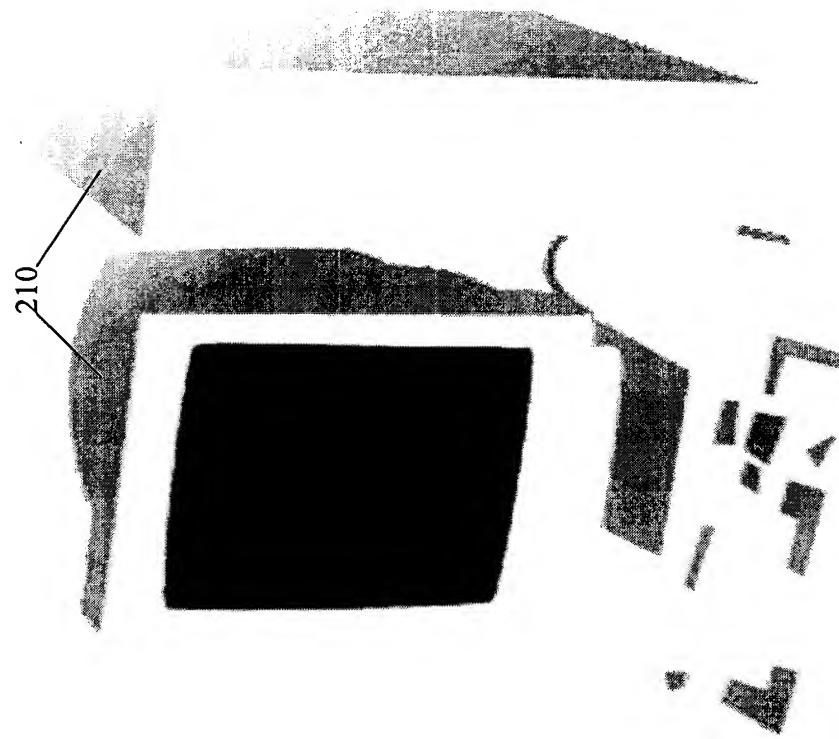


FIG. 16

